

Stuffed Pork Roast

A delicious winter meal. Stuffed pork roast is a meal you place in the oven and work on other projects while it is cooking. The aromas will entice you into the kitchen with an appetite. Various ingredients can be used to stuff the pork roast. Typically, salt, pepper, diced onions, and mushrooms are used, along with any sauce used to moisten the top of the roast. For fun, use a colored vegetable, such as carrots, to create a smiley face on the roast top. They may not cook as done, though they bring a smile to the onlookers.

Pre Cook Preparation:

Marinate: Not necessary

A. Timer set to thaw meat for about 4 hours

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for 2 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Cut meat to bite sized before sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Beef

Butter (lactose)

Mushrooms

Onions

Pepper

Potatoes

Spices

Meatless Preparation Avoid:

Butter

Pork

Substitute with: _____

Utensils:

Chopping board

Fork

Paring knife

Spatula

Spoon

Pan:

2.5 quart oven safe oblong with lid, or

Table top roaster

Ingredients:**Meat:**

Pork roast

Vegetables:

15 ounces of carrots

15 ounces of green beans

4 ounces of mushrooms

1/4 cup of onions

15 ounces of potatoes

Other ingredients:

1 tablespoon of butter

Dash of salt

Spices such as pepper to taste

Preparation time: 15 minutes

Preparation:

1. Add pork roast to pan.
2. Add enough water to cover the bottom.
3. Using a knife, cut holes in the roast.
4. Place the following in the holes:
 - 4 ounces of mushrooms
 - 1/4 cup of onions
 - Dash of salt
 - Spices, such as pepper, to taste
5. Cover with barbecue sauce.
6. Add cut up vegetables, if cooking together.
 - 15 ounces of carrots
 - 15 ounces of green beans

15 ounces of potatoes

7. Cover and place pan in oven.

If using the table top roaster, the roast and vegetables go directly in the roaster pan. An additional pan is not necessary

Cook Temperature: 350 degrees

Cook Time:

2 hours in an oven, or

Check table top roaster for times

Servings: Should make 6 servings if you use a good sized roast

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.